

*I've fallen, and I can't get
out of my rut!*

How to handle slips and
relapses in the behavior
change process



If you've ever fallen into a rut of overeating and slacking off on your workouts, help is here!

Ruts can be a comfortable, cozy, and self-indulgent phase of life ~ but no matter how comfortable you have become, ruts often lead to depressing conditions that eventually will take you down a path of self-destruction.

So, here we embark on a plan to lift us out of the depths of complacency and back into a routine of becoming active, disciplined, and at peace with ourselves.

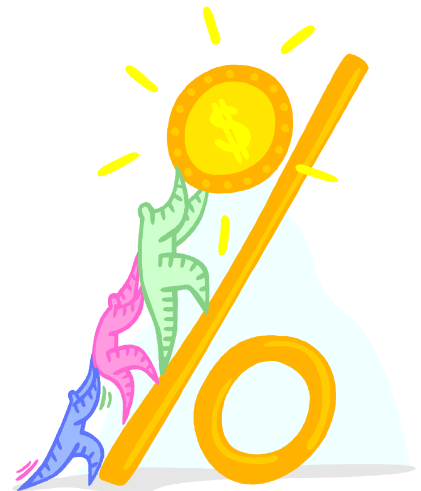
Pull yourself out of a rut with these 8 easy steps...



Be thankful

- If you're stuck in a rut, you are faced with a great opportunity to change old habits and work toward your goals.

*Be thankful for this opportunity
for new beginnings.*



Believe that change is possible

- Stop thinking that you're destined to be overweight and out of shape. You are not!!
- Your destiny is to be fit. There are many things in life that we don't have control over, but fitness and weight loss is something *within your control*.
- Maintain a consistent "I can do it" attitude, and chances are that **you will do it.**





Visualize your dreams

- Visualize what it will be like to be in control of your body - to be fit and strong.
- Visualize yourself exercising, eating right and achieving your goals.
- Then realize that the feelings of accomplishment and pride that you gain from meeting your goals will give you greater joy than any food binge or exercise sabbatical can offer.



core*four*

WEIGHT MANAGEMENT

Know your difficulties

- Examine your relationship with food and accept your weaknesses.
 - Do you eat when you are lonely or bored? Becoming aware of food issues will help you to work through them better.
- Examine reasons why you are in an exercise rut.
 - Is it hard for you to find the time to exercise? Maybe you are not planning your workout schedule?
 - If you fail to plan, you plan to fail. Commit to sitting down with a calendar and scheduling your workouts for the next week, including time, location and activity.
 - Schedule out your meal plan as well. Treat your workout time as important appointments that can't be missed.

Move on

- Forgive yourself for emotional over eating and for missing your workouts.
- Become a problem solver. Don't let a temporary set back get in the way of your long term goals. You are human and should not punish yourself for your current physical condition. Understand that many factors have brought you to your current state of being. Move on. Move past the self-judgment and look ahead to your active future.



corefour

WEIGHT MANAGEMENT



Set goals & dangle a few carrots...

- Set some specific performance goals
 - For example, "I will exercise 3 days a week for the next 3 weeks, then 4 days a week for the following 3 weeks."
- Also set some accomplishment goals
 - "I will lose one dress size in the next 5 weeks."
 - Make sure that your goals are within reach and gradually *up the ante* so you stay challenged.
- At the end of each week or month, celebrate your success with a new outfit, a manicure or an extra hour of sleep. Track your progress so you can see how much you are accomplishing.



Have fun!

- You have to like the exercise if you're going to make it work. Find a workout program that works for you and keeps you interested.
- A program that changes often is best at keeping mental interest high and also yields the best results.
- Make sure that your workout is always challenging to prevent boredom.
- Find a diet plan that is flexible and that allows you to enjoy food without overindulging. Stay away from diets that restrict certain food groups. They will only leave you feeling deprived.



Contact the Wellness Center

- Any time you feel like you are in a rut, or experiencing a slip or relapse, you can always call one of us for an individual appointment and some one-on-one time.
- We want to see you, and to see you *succeed!*



Stay tuned for next week

